

## Full Report (All Nutrients) 01118, Yogurt, plain, skim milk, 13 grams protein per 8 ounce

Report Date: July 05, 2017 00:31 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	1 cup (8 fl oz) 245g
<b>Proximates</b>							
Water	g	85.23	--	--	144.89	193.47	208.81
Energy	kcal	56	--	--	95	127	137
Energy	kJ	233	--	--	396	529	571
Protein	g	5.73	--	--	9.74	13.01	14.04
Total lipid (fat)	g	0.18	--	--	0.31	0.41	0.44
Ash	g	1.18	--	--	2.01	2.68	2.89
Carbohydrate, by difference	g	7.68	--	--	13.06	17.43	18.82
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	7.68	--	--	13.06	17.43	18.82
<b>Minerals</b>							
Calcium, Ca	mg	199	--	--	338	452	488
Iron, Fe	mg	0.09	--	--	0.15	0.20	0.22
Magnesium, Mg	mg	19	--	--	32	43	47
Phosphorus, P	mg	157	--	--	267	356	385
Potassium, K	mg	255	--	--	434	579	625
Sodium, Na	mg	77	--	--	131	175	189
Zinc, Zn	mg	0.97	--	--	1.65	2.20	2.38
Copper, Cu	mg	0.015	--	--	0.025	0.034	0.037
Manganese, Mn	mg	0.005	--	--	0.009	0.011	0.012
Selenium, Se	µg	3.6	--	--	6.1	8.2	8.8
Fluoride, F <sup>1</sup>	µg	12.0	9	--	20.4	27.2	29.4

### Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	1 cup (8 fl oz) 245g
Vitamin C, total ascorbic acid	mg	0.9	--	--	1.5	2.0	2.2
Thiamin	mg	0.048	--	--	0.082	0.109	0.118
Riboflavin	mg	0.234	--	--	0.398	0.531	0.573
Niacin	mg	0.124	--	--	0.211	0.281	0.304
Pantothenic acid	mg	0.641	--	--	1.090	1.455	1.570
Vitamin B-6	mg	0.053	--	--	0.090	0.120	0.130
Folate, total	µg	12	--	--	20	27	29
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	12	--	--	20	27	29
Folate, DFE	µg	12	--	--	20	27	29
Choline, total	mg	15.2	--	--	25.8	34.5	37.2
Vitamin B-12	µg	0.61	--	--	1.04	1.38	1.49
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	2	--	--	3	5	5
Retinol	µg	2	--	--	3	5	5
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	7	--	--	12	16	17
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.2	9	0.120	0.3	0.5	0.5
<b>Lipids</b>							
Fatty acids, total saturated	g	0.116	--	--	0.197	0.263	0.284
4:0	g	0.005	3	--	0.009	0.011	0.012
6:0	g	0.004	3	--	0.007	0.009	0.010
8:0	g	0.002	3	--	0.003	0.005	0.005
10:0	g	0.005	3	--	0.009	0.011	0.012
12:0	g	0.006	3	--	0.010	0.014	0.015

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g	1 container (8 oz) 227g	1 cup (8 fl oz) 245g
14:0	g	0.019	3	--	0.032	0.043	0.047
16:0	g	0.049	3	--	0.083	0.111	0.120
18:0	g	0.018	3	--	0.031	0.041	0.044
Fatty acids, total monounsaturated	g	0.049	--	--	0.083	0.111	0.120
16:1 undifferentiated	g	0.004	3	--	0.007	0.009	0.010
18:1 undifferentiated	g	0.041	3	--	0.070	0.093	0.100
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.005	--	--	0.009	0.011	0.012
18:2 undifferentiated	g	0.004	3	--	0.007	0.009	0.010
18:3 undifferentiated	g	0.001	3	--	0.002	0.002	0.002
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	2	--	--	3	5	5
<b>Amino Acids</b>							
Tryptophan	g	0.032	--	--	0.054	0.073	0.078
Threonine	g	0.235	--	--	0.399	0.533	0.576
Isoleucine	g	0.313	--	--	0.532	0.711	0.767
Leucine	g	0.577	--	--	0.981	1.310	1.414
Lysine	g	0.514	--	--	0.874	1.167	1.259
Methionine	g	0.169	--	--	0.287	0.384	0.414
Cystine	g	0.052	--	--	0.088	0.118	0.127
Phenylalanine	g	0.313	--	--	0.532	0.711	0.767
Tyrosine	g	0.289	--	--	0.491	0.656	0.708
Valine	g	0.474	--	--	0.806	1.076	1.161
Arginine	g	0.172	--	--	0.292	0.390	0.421
Histidine	g	0.142	--	--	0.241	0.322	0.348
Alanine	g	0.245	--	--	0.416	0.556	0.600
Aspartic acid	g	0.454	--	--	0.772	1.031	1.112
Glutamic acid	g	1.122	--	--	1.907	2.547	2.749

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 container (6 oz) 170g</b>	<b>1 container (8 oz) 227g</b>	<b>1 cup (8 fl oz) 245g</b>
Glycine	g	0.138	--	--	0.235	0.313	0.338
Proline	g	0.679	--	--	1.154	1.541	1.664
Serine	g	0.355	--	--	0.603	0.806	0.870
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

**Sources of Data**

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision